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Be Your Own Fairy Tale: Working with Storytelling for Positive Life Change

Alison Davies

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In this practical and inspiring book, author Alison Davies shows how to use fairy tales to gain confidence, find romance, and discover your own personal yellow brick road. From Sleeping Beauty, symbol of transformation, to the 'rescuer' Prince Charming, to the scary, shapeshifting wolf in Little Red Riding Hood, the characters in these fabulous stories are embedded deep in our imagination and conjure up feelings that we can all identify with on some level. We can use fairy tales to understand what really makes us tick, to access our primal nature and rediscover the latent power within. They can help us to break bad habits, overcome obstacles and emerge from the chrysalis to make our mark in the world.

Working with fairy tales can be as easy as aligning to a character in a tale and then putting a positive spin on it. Sometimes the simple act of 'making it real', by living out the story in your mind, can change the way you think and behave. Davies offers a whole host of tips and practical exercises for working with the symbols, characters and storylines in fairy tales. These include storyboarding your own fairy tale to boost your creativity, devising a quest to build energy and confidence, identifying your inner hero to help with problem solving and learning how to be your own fairy godmother in order to bring the changes you want into your life!

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